



GSQUARED

HEALTH CLUBS

CORPORATE  
MEMBERSHIP



EXTRAORDINARY AS STANDARD

# WELCOME TO GYM SQUARED

GSquared Health Clubs takes its place as one of the world's leading health club brands. We achieve this at the very inception of each gym squared location, with painstaking design detail, intelligent and multi-use of space, catering for the exact needs, expectations and requirements of our target client base, and blending the detailed design with high-level information derived from some of the world's leading institutes and a highly trained, driven and customer-centric team of staff.

Creating a compelling and leading gym brand is not about what's happening now, it's about what's happening next, and GSquared Health Clubs sets a new definition of what a gym could be.

We break the current accepted norms of what is possible in a gym and elevate the experience for our customers to a previously unachieved level.



## INFO

# MANCHESTER ROYAL EXCHANGE

### Size

12,000sq ft space

### Membership

Three tiered system, Executive, Platinum and Platinum Plus

### Business Model

High End, Exclusive Open Gym

### Membership

800 Live member cap

(25-30% of standard gym membership size)

### Customer Service & Experience

Front of House service

Advanced Members journey

Complimentary towel for each visit

Strong Wi-Fi throughout entire facility

Relaxation room

Spa treatments

Locker hire

Business Centre

### Notable Design Features

Stunning entrance with video wall

Waterfall feature within the lobby entrance

Aquarium built in to the reception lobby wall

PIR light system

## THE GYM2 OF GYMS

# INNOVATIVE TRAINING SPACE

Within the 10,000 Sq ft of training space we've built an indoor running track, 20 metre sled track, a cv zone that we endearingly refer to as the 'CV garden'.

Along the left side of the gym is our GSquared indoor assault course challenge. Should you wish to take the challenge and time yourself we will give you some guidance on each obstacle, and the rest is down to you, it will take you through our Performance Room which we will keep as a surprise for now.

## G2 PERSONAL TRAINING

# PT AT ITS ABSOLUTE BEST

What makes a great coach? We believe its a blend of empathy, passion, warm-hearted and non-egocentric coaching combined with a proven track-record and high level certifications that defines their ability to generate outstanding results.

Any individual wearing the coveted G2-PT logo will have gone through extensive testing and screening in our 5-Stage Screening process which is one of the toughest and most rigorous recruitment processes in the world for a Personal Trainer.

## EXTRAORDINARY JOURNEY

# YOU SQUARED

The path to starting a successful health and fitness journey or breaking in to new found progression starts with acquiring as much accurate information as you can, not just about your body, but about your entire being.

The more information you derive, the more accurate the programme, exercise, training plan can become and the more efficiently you spend your time during activity.

GSquared has created the 7 Part Screen known as "You Squared", arguably one of the most in-depth, diverse, accurate, informative, educational and useful yet non- invasive member experiences of any gym on the planet, and we take that statement seriously.

## GROUP FITNESS

# HOLISTIC TO HIGH-ENERGY

Set in the designated group fitness studio area within the gym, our group fitness model is an established, highly effective and structured model.

Led by Exercise Instructors with a proven track record in delivering consistent and solid results with the individuals who commit to the programme.





## THE DIFFERENCE

# NOT JUST A FITNESS FACILITY

We are about helping you feel good, mentally, physically, emotionally and spiritually.

We recognise the demands you'll have on you, and that fitting a 'work out' in isn't always achievable.

It may be that we advise you to 'work in' as opposed to working out, or it may be that you wish to use your visit to GSquared to escape the world for an hour or so.

The design of our clubs has brought a wider set of principles and facilities that make up the term health and fitness. It's no longer acceptable to just provide standard gym equipment. Naturally we do provide this, but there's a wider range of facilities in conjunction.

By putting strict limits on the membership size, we ensure that you'll stay in a spacious, non-congested space and our focus is to ensure we always have the time to provide you with the support you may need during your visit. Alternatively if you wish to be left alone to enjoy some downtime, we will also respect that.

## SLEEP POD



GSquared is not just a fitness facility but a sanctuary to restore, re-energise and revive. A place to get stronger, to lift your spirits and be made to feel valued.

GSquared is a place to restore, re-energise and revive, but the Sleep Pod goes one step further, allowing members to escape the city for a moment of calm, or even a short power nap.

this private sanctuary for rest is about fuelling the body with holistic therapies, especially for those that need a 'work in' rather than 'work out'.

## INFRARED SAUNAS



Set within both changing rooms are infrared saunas, which boast a wide variety of health benefits which include:

- Detoxification
- Immune and cell health repair
- Pain relief
- Weight loss
- Lower blood pressure
- Improve circulation
- Anti ageing
- Relaxation



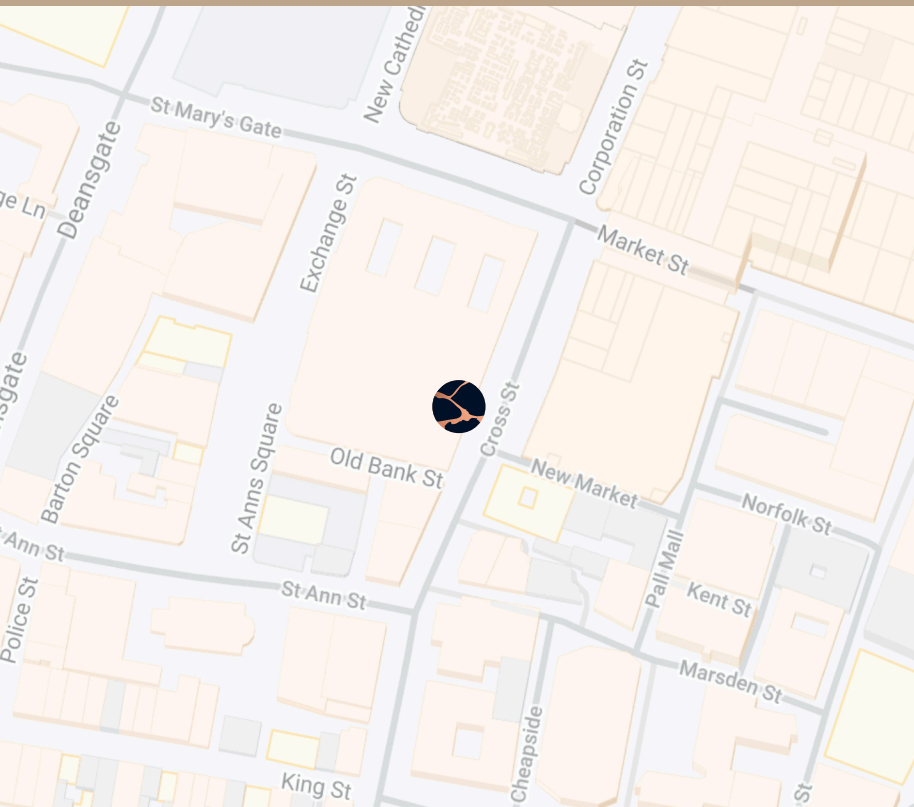


# LOCATION

GSquared Health Clubs is located in the iconic Grade II listed Royal Exchange Building, St Ann's Square.

Access to the health club can be found within the Arcade, either via St Ann's Square or Cross Street, located next door to The Remedy Kitchen.

Basement, Royal Exchange Arcade  
Manchester, UK  
M2 7EA



## COMPANY WEBINARS

# HEALTH FOCUSED

GSquared Health Clubs offers a free service to partnered businesses. Holding health webinars for all employees. We are the first commercial gym chain in the world to deliver high-end, cutting edge and the most recent research into nutrition, well-being and anti ageing and much more.

All webinars are complimentary and can be tailored to specific needs, or topics currently being discussed within the business.

For enquiries, please contact us directly.

# CORPORATE MEMBERSHIPS

## Executive

Paid in Full - 10%  
Direct Debit - 15%

## Platinum

Paid in Full - 5%  
Direct Debit - 10%

Memberships on sale now. With a smaller than typical membership size, spaces are limited. For membership enquiries and to book your appointment, contact the GSquared Team.



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